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## Welcome to 3 Disciplines Racing

Hosting safe, fun, affordable events is our passion.

The trendsetter when it comes to health & fitness events. Triathlon, Duathlon, Marathon, half marathon, the best kids events, we have a true passion for what we do and strive to do it better every event. Please join us on [Facebook](#) and Twitter for all the latest news on the current event, as well as other promotions.

Office Hours: **Closed Mondays**, 9am - 4pm Tues - Thurs.  
Travel to venues Fri. Sat. Sun

### RESULTS LATEST

- [Half + Triathlon](#)  
(Last Try (1863 Events))
- [Duathlon](#)  
(Last Try (1863 Events))
- [Long Course Triathlon](#)  
(Last Try (1863 Events))
- [Relays](#)  
(Last Try (1863 Events))
- [Sprint Triathlon](#)  
(Last Try (1863 Events))

### GEAR BLOG LASTEST

Swim, Bike, Run  
...5, 4, 3, 2, 1.

Written on Wednesday, 15  
September 2010 15:49  
**Tags:** [Run](#) [Christine Noble](#)  
[Tawas Half Ironman Champion](#)  
[Stoney Creek Metropark](#)

Tawas Triathlon  
Festival Recap

Written on Wednesday, 15  
September 2010 05:01  
**Tags:** triathlon Festival on the  
bay Tawas

## Tawas Triathlon Festival Final Update & RSVP Reminder

Written on Thursday, 09  
September 2010 15:56  
**Tags:** triathlon Tawas Tawas  
Triathlon Festival 3 Disciplines  
Tawas Triathlon

## BAREFOOT Remembered

Written on Thursday, 09  
September 2010 10:08  
**Tags:** triathlon BAREFOOT  
Triathlon Grand Traverse Resort  
& Spa BAREFOOT 3  
Disciplines

## Triathlon Festival Tuesday Info

Written on Tuesday, 07  
September 2010 04:41

## Swim, Bike, Run. Seven more times.

Written on Tuesday, 31 August  
2010 19:38

## Barefootin' at Grand Traverse

